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SPA DAY STEAL
AT-HOME FACE AND BODY TREATMENTS FOR THRIFTY LADIES {page 11}

WING MAN
CHEF COOKS UP A SPICY, SAUCY CHALLENGE {page 3}

LONDON metro®
Tuesday, July 12, 2011
www.metronews.ca
News worth sharing.

Couple. Catch

▶ Kristyn Karpinchick grabs a fly ball thrown to her by her boyfriend, Jason Schleihauf, on a warm afternoon yesterday in Ivey Park.

MIKE ARSENAULT/METRO

Training for the Blaze Grays

The couple plays catch a couple of times a week so Karpinchick can keep her skills sharp for her duties with the Byron Blaze Grays, a local women's softball team.

Hot summer to stick around

Expect five straight days of hot, dry weather: Environment Canada ◐ Less than a 'thimbleful' of rain over past two weeks

MIKE ARSENAULT
LONDON@METRONEWS.CA

The torrential downpours the Forest City experienced in May had many Londoners bashing Mother Nature for ruining a hopeful spring after a dreadful winter.

Those same people may now be begging for a reprieve from the sweltering temperatures and lack of precipitation that has defined July in the London area.

According to David Phillips, senior climatologist with Environment Canada, the weather has been unseasonably warm but has so far fallen short of being deemed a heat wave, which would require three consecutive days of temperatures over 32 C.

"It looks like we're going to have maybe five days in a row with temperatures really in the elevated level — in the 28, 29, 30, 31 (range)," Phillips said. "It's been a tad warmer but also very dry."

That dryness is the cause of the browns and yellows that have slowly infiltrated the lush greens that many consider to be the hallmark of the Forest City.

It's almost as if rainfall has become a taboo word in southwestern Ontario.

"In the last 15 days (London) has had less than five millilitres of rain. That's less than a thimbleful," said Phillips.

"(Normal rainfall) for that period would be 40 to 45 millilitres," he added.

The rest of the week is scheduled to be warm and sunny as well, with tomorrow having the most comfortable temperature at a high of 24 degrees.

Otherwise, London will continue to see the thermometer creep towards 30.

Cool off

Ways to deal with humidity:

- **Hydration.** Drink lots of fluids. Avoid alcohol and caffeine. Good luck.
- **Indoors.** Spend the hottest part of the day in air-conditioned environments. Think libraries, shopping malls and movie theatres.
- **Shady.** Stay out of the sun. It can be up to 7 C hotter in the sun than in the shade.
- **No polyester.** Wear cotton-based materials and loose-fitting clothing.
- **Relax.** Don't exert yourself. Save heavy work for early morning or later at night

SOURCE: DAVID PHILLIPS, ENVIRONMENT CANADA

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BLACKBURN RADIO

1 news

Science seeks to salve the sting of summer sunburns. Scan code for story.

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On the web at metronews.ca

Investment adviser Allan Small explores the impact of U.S. job numbers on Canadian investors at metronews.ca/investing.

Follow us on Twitter @themetrolondon

A safe haven from domestic violence

Programs at Muslim Resource Centre are co-ordinated by local support services such as police, hospitals and child-welfare agencies

MIKE ARSENAULT/FOR METRO

▶ Attorney General Chris Bentley, left, shakes hands with Mohammed Baobaid, executive director of the Muslim Resource Centre for Social Support and Integration, as Joe Vanoverberghe of the Ontario Trillium Foundation and MPP Khalil Ramal look on. The officials met yesterday at the London Muslim Mosque, where the Trillium Foundation presented a plaque to show its support of the programs offered by the resource centre.

MIKE ARSENAULT
FOR METRO

Canada is sometimes seen as a refuge for those facing hardship in their home countries.

Sadly, family violence can periodically follow citizens from the country they left behind to their new lives here.

The Muslim Resource Centre for Social Support and Integration, with funding from the Ontario government, aims to provide safe haven for those victimized by family violence.

"Victims can come to the centre, open up and talk about their issues, and the team at the centre will be able to rehabilitate them and give them a chance to express their feelings," said Khalil Ramal, Liberal MPP for London-Fanshawe.

Sometimes newcomers to Canada feel too intimidated to seek help, even when it's available. The centre attempts to make social services more accessible to new residents of London, and to help them feel more comfortable asking about them.

"Our role is to help families understand how the system works here, but also to help service providers better respond to the needs of this population to make sure that women and children are safe, and also that the families are understood in their culture," said Mohammed Baobaid, executive director of the Muslim Resource Centre.

Lifeline

- **The Muslim Resource** Centre received $200,000 from the provincial government, $80,000 of which is from the Victims' Justice Fund and $120,000 of which is from the Ontario Trillium Foundation.
- **The centre is at 111** Waterloo St., 519-672-6000.

Housing market inches up

829
The number of housing starts this year compared to 1,292 during the same period in 2010: CMHC

London's housing market could finally be starting to heat up. There were 162 housing starts last month compared to 141 in June 2010, Canada Mortgage and Housing Corp. said yesterday.

"Detached home starts increased on a year-over-year basis for the first time since August 2010," said David Lan, senior market analyst for CMHC.

But despite the hot month, housing starts are still well off last year's pace.

"The year-to-date numbers remained low compared to the same period last year," Lan said.

"Less selection in the resale market during the winter months translated into more starts now," he said. AM980/AM980.CA

Arson suspected in Lambeth area fire

A suspicious fire in Lambeth is under investigation. On Saturday at 4:37 a.m., London police and the fire service responded to a call at 130 Sunray Ave., where a detached garage was engulfed in flames. There were no injuries, but damage is estimated at $40,000. Anyone with information is asked to call police at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477). METRO

No clues yet in park blaze

London police are asking the public for help as they continue to probe a fire at a children's playground. Early Saturday, police and fire officials responded to a call about a fire at Virginia Park. A children's slide, attached to playground equipment, was ablaze. Damage is estimated at $1,500. Call Crime Stoppers. METRO

Don't even touch that cellphone

Provincial police yesterday kicked off their second Phone in One Hand, Ticket in the Other distracted-driving Campaign. They will also be stopping people who drive carelessly because they are adjusting the radio, eating or searching for something in their vehicle. Using a cellphone could bring a $155 fine, while a careless driving conviction ranges from $400 to $2,000.

The OPP charged 8,522 drivers last year for using a hand-held device while driving. AM980/AM980.CA

Smoke-N-Bones cranks up the heat

Only 4 of 400 contestants have been equal to chicken-wing-eating challenge since its February launch Contestants required to sign waiver saying they won't sue if they get sick from spicy wings

KYLE REA/FOR METRO

▶ Roman Rozhko, left, and Steve Smith chow down on Smoke-N-Bones wings during last Wednesday's fire-wing competition at the Wellington Street restaurant. Smith, who eventually finished in four minutes and 30 seconds, won the competition. Rozhko was the runner-up.

KYLE REA
LONDON@METRONEWS.CA

You can smell the spices on the wings from the audience.

But that does nothing to deter four competitors who sit nervously around a table at Smoke-N-Bones restaurant last Wednesday, watching as four plates of chicken wings are placed before them.

They begin to eat. As the minutes tick away, they begin gasping, downing glasses of milk and, eventually, walking away until only one competitor remains.

He's Steve Smith, the 10-time champion of Smoke-N-Bones's fire-wing competition. Every Wednesday, the restaurant serves up its spiciest wing sauce to four competitors who attempt to eat 10 wings in 10 minutes.

How do they do it?

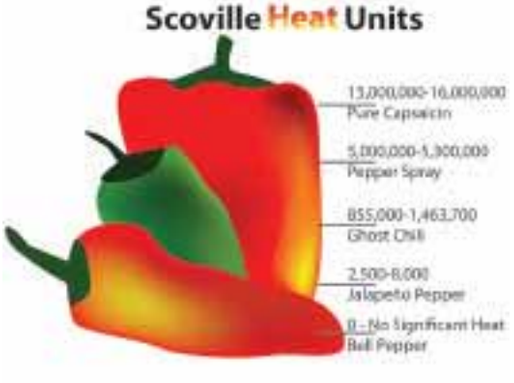
"It's the spiciest thing I've ever eaten in my life."
KALI GREEN, PREVIOUS WINNER OF WING COMPETITION

"It's mind over matter. Obviously, the pain is there, but as long as you don't go for a drink, you should be fine," says Smith, adding he's been eating spicy food all his life. "You can't come in here and think you like spicy food because you can eat a jalapeno pepper."

He says the wing sauce is "up there" in terms of spicy food he's eaten, adding that it's definitely the hottest food in London.

Kali Green, the first woman to compete, took home top prize three weeks ago.

"I felt like I was going to die, but I was really proud of myself," she says.



KATIE NAUS/FOR METRO

"I saw those big burly men (about to compete) and I said, 'I could be more manly than them.'"

"Those big burly men were in the bathroom crying afterward," Chef Len Leblanc adds.

"Spicy tears of defeat they were crying!" Green responds.

But there is a price to pay. Green says that her hands were spicy for days following her victory.

Smith says that, the last time he competed, he had to lie down on the cool evening grass on his way home — in order to cool down his stomach.

Still, both plan on competing again.

"I'd say it's easy. Come on!" Smith says. "We always want more people."

Can you make a spicier sauce?

KYLE REA/FOR METRO

▶ Chef Len Leblanc displays a basket of chicken wings coated in his special sauce featured in the fire-wing competition at Smoke-N-Bones.

He's created a wing sauce so spicy that only a handful of people have been able to handle it.

Now, Chef Len Leblanc has thrown down the gauntlet, challenging every restaurant in London, and indeed southwestern Ontario, to make a hotter sauce.

"It's the hottest sauce in southwestern Ontario, perhaps anywhere," Leblanc said. "I actually have to wear a face mask and goggles when I'm preparing (it)."

Leblanc said he created his waiver sauce as a "science project," using 12 different chilies and the hottest pepper in the world, the ghost chili.

Not surprisingly, the sauce tips the Scoville scale — used to measure the spice in food — in the millions. By comparison, a jalapeno pepper has a rating of 2,500.

With that in mind, why would anyone take up the challenge?

"People always want to be cool in front of their friends. They say, 'I can do it.'"

But, Leblanc said, those same people often end up crying afterward, wishing for the pain to go away.

"My buddy (ate seven wings) and he said his mouth went to sleep like he'd been given novocaine."

KYLE REA

Reader response

We asked you to tell us about the hottest wings you've had in London:

On Twitter:

- **@BadenRoth:** Crabby Joe's — Fire and Ice for some reason they had this extra kick of flare that spiked my taste buds into dismay!
- **@chriscraigman:** hottest wings ever? the "suicide" wings at #Palasad.
- **@ekksteisi:** Ring A Wings Spontaneous Combustion.
- **@phronk:** The disclaimer wings at @GigsGrillhouse are the hottest I've had.
- **@Savage_Sells:** Coates of Arms has ones you have to sign a waiver for first. I've seen a few do them but I'm not brave enough!
- **@naomisayers00:** IMO the roxbury suicide wings.

On Facebook:

- **Bonny Kilgour:** I don't know about the hottest since I don't do spices but the best ... are at the Palasad on Adelaide.
- **Michael James Brown:** Rhb the Piri Piri Wings at The Morrisey House make my bald head sweat so much that i have to wear a sponge hat.
- **Toni Taylor:** Pizza pizza wings and they were supposed to be mild:)
- **Kaila Victoria McDougall:** Pizza hut hot wingss pretty hottt
- **Rory Kilkenny:** I've seen friends eat the hot wings @ Gigs Grillhouse at the monthly Geek Dinner — some folks are asked to sign a waiver and wear gloves.

Statehood vote just PR: Baird

Says Palestinian state must be result of negotiations

Foreign Affairs Minister John Baird says it would be meaningless if the United Nations General Assembly recognized Palestinian statehood this fall.

Baird is dismissing the Palestinian campaign to win recognition at the UN in a September vote as a public-relations move.

"We think it's distinctly unhelpful to seek a public-relations declaration within the UN General Assembly. Obviously, it would be without any meaning," Baird said yesterday.

Baird noted that only a vote of the Security Council would finalize the matter. "We believe that statehood should be the product of a negotiated permanent peace with security for both the Palestinian and Israeli people."

Boycott

Baird also confirmed Canada is boycotting the UN Conference on Disarmament because North Korea has assumed the rotating chairmanship.

▶ "It's absurd, and it's a blow to meaningful efforts at worldwide disarmament," said Baird.

He said he'd be thrilled to welcome a new Palestinian state, but only after peaceful negotiations with Israel. Baird also affirmed the Harper government's unwavering support for the Jewish state, which has sparked criticism in the past.

THE CANADIAN PRESS

Bosnia. Srebrenica

▶ A woman touches the coffin of her relative yesterday among the more than 600 displayed at the Potocari memorial cemetery near Srebrenica, Bosnia and Herzegovina.

ASSOCIATED PRESS/MARKO DROBNJAKOVIC

Massacre remembered as victims reburied

Hundreds of victims of the Srebrenica massacre were reburied yesterday as more than 40,000 mourners looked on — solemnly paying their respects on the 16th anniversary of the worst crime in Europe since the Nazi era. After a ceremony and collective prayer at the memorial centre in the eastern Bosnian town that already contains more than 4,500 graves, survivors and volunteers hoisted 613 coffins wrapped in green cloth to the air and carried them to a field of freshly dug graves.

Drought may be worse than reported: Official

A U.S. official said yesterday he fears Ethiopian officials may be underestimating the country's needs in its drought crisis, even as the government announced that 4.5 million Ethiopians need food aid, 40 per cent more than last year.

The U.S. government aid arm is looking for ways to help the hungry on Ethiopia's side of a three-country drought crisis that is also devastating communities in Kenya and Somalia.

"We are concerned that we are underestimating the situation, especially in the southern provinces," Jason Frasier, mission director of USAID in Ethiopia, said of that country's food crisis.

REBECCA BLACKWELL/THE ASSOCIATED PRESS

▶ Two-year-old Aden Salaad sits in a bathtub yesterday at a Doctors Without Borders hospital in Kenya, where he is being treated for malnutrition.

Ethiopia's state minister of agriculture, Mitiku Kassa, said yesterday that nearly $400 million is needed to fill the country's food gap. THE ASSOCIATED PRESS

Over 100 die as cruise ship sinks

An aging cruise ship was severely overcrowded, had a malfunctioning engine and listed to one side before it sank in heavy wind and rain on the Volga river, which is east of Moscow, killing as many as 129 people, Russian officials said yesterday.

River cruise boats are highly popular among Russian holiday-makers and the Bulgaria was carrying 208 people, including a large group of children, when it set off in stormy weather Sunday, officials said. It was only licensed to carry 120.

THE ASSOCIATED PRESS

News in brief

Stun gun found on U.S. plane

SECURITY. Authorities are trying to determine how a stun gun got aboard a JetBlue plane that landed at New Jersey's Newark Liberty International Airport.

A cleaning crew was working around 10:20 p.m. Friday after the flight arrived from Boston and found the stun gun tucked into the back of a seat. Newark FBI spokesman Bryan Travers says there's no indication that an attack was imminent. He says the investigation is focusing mostly on how the stun gun ended up on the flight.

THE ASSOCIATED PRESS

STD resists all antibiotics

HEALTH. Scientists have discovered a strain of gonorrhea that is resistant to all currently available antibiotics.

The international research team says the superbug strain, dubbed H041, is likely to transform a once-easily-treatable sexually transmitted disease into a global public health threat. Swedish researcher Dr. Magnus Unemo says the discovery is alarming but also predictable because gonorrhea has shown a remarkable capacity to develop resistance to drugs.

Unemo announced the discovery yesterday at a conference in Quebec City. THE CANADIAN PRESS

Transit union wants apology

COMPLAINT. Toronto's transit union is denying reports that a worker urinated on the wall of a subway station in full view of passengers.

The chairwoman of the Toronto Transit Commission issued a public apology after a rider complained. But Bob Kinnear, who heads Local 113 of the Amalgamated Transit Union, says the report is "a total fabrication."

He says the worker was just using his cellphone to check on a work assignment and this was verified by an internal investigation.

THE CANADIAN PRESS

New York prepares for same-sex marriages, adoptions

First comes love, then comes marriage. Now adoption lawyers and agencies in New York say they're getting ready for a baby boom as same-sex couples emboldened by the state's new gay marriage law take the next step and try to adopt children.

New York will allow same-sex marriages beginning July 24, becoming the most populous U.S. state to legalize such weddings. Thousands of couples are expected to tie the knot.

The state already permits unmarried couples, both gay and straight, to adopt children. But a wedding ring is an important milestone in a relationship — and can also bolster a couple's case as they try to impress social workers, adoption agencies and birth mothers during the often competitive adoption process, couples and adoption experts say. THE ASSOCIATED PRESS

Independent Internet providers slowing traffic, hearing told

CRTC reviewing implications of phone, cable giants charging independent web providers for use of networks

Independent Internet providers are significant contributors to network congestion and the price they pay to large companies should reflect their usage, BCE Inc. told a regulatory hearing yesterday.

Mirko Bibic, a senior vice-president for BCE Inc., said wholesale independent service providers make up 17 per cent of users in Ontario and Quebec and drive 29 per cent of total traffic on Bell's network in those provinces.

"This is significant," Bibic told the Canadian Radio-television and Telecommunications Commission.

"No single user or wholesale customer is the cause of congestion. But clearly, wholesale users contribute a disproportionate share of total traffic and, by extension, congestion," Bibic said.

The CRTC is reviewing how BCE's Bell Canada and other large network providers charge independent Internet providers for the use of their networks.

The federal regulator launched the review after a social media campaign against a previous CRTC decision, which would have forced independent ISPs to charge their retail customers for usage above a ceiling — as large providers do. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
– 191.95 (13,179.75)	– 0.89¢ (103.20¢ US)	– $1.05 US ($95.15 US)	$4.20 (- 0.2¢)	$1,549.20 (+ $7.60)

More accusations as tabloid intrigue spreads

AKIRA SUEMORI/THE ASSOCIATED PRESS

▶ James Murdoch, chief executive of News Corp. Europe and Asia, leaves News International's office in London yesterday.

The scandal engulfing Rupert Murdoch's media empire exploded in several directions yesterday, with fresh reports of phone hacking attacks against some of the nation's most powerful figures, including royals and former prime minister Gordon Brown.

Adding to the intrigue, Scotland Yard released an unusual statement accusing unidentified individuals of trying to sabotage its sprawling investigation. The police — themselves accused of accepting bribes from Murdoch's journalists — said somebody was deliberately planting distracting information in the press. No one, it seems, had been safe from the prying eyes of corrupt journalists.

Police officers betrayed members of the royal family to the News of The World, according to several reports. Other papers said Brown had his bank account broken into by a con man acting for Murdoch's Sunday Times. THE ASSOCIATED PRESS

Murdoch's companies may face U.S. action

Legal experts said yesterday it is possible Rupert Murdoch's U.S. companies may face legal actions because of the shady practices at the News of the World, his now-defunct British tabloid.

They said Murdoch's News Corp. might be liable to criminal prosecution under the 1977 Corrupt Foreign Practices Act, a broad act designed to prosecute executives who bribe foreign officials in exchange for large contracts.

The News of the World was accused of making payoffs to police in exchange for information — a possible violation of the anti-bribery provisions of the act. THE ASSOCIATED PRESS

Solar power. Nissan

▶ Nissan is testing a super-green way to recharge its Leaf electric vehicle using solar power, part of a broader drive to improve electricity-storage systems. In the new charging system, electricity is generated through 488 solar cells installed on the roof of the Nissan headquarters building.

KOJI SASAHARA/THE ASSOCIATED PRESS

Recharge at little cost to the world

For Nissan's solar-powered recharging plan to work, four batteries from the Leaf electric vehicle were placed in a box and kept in a cellar-like area of the Nissan building to store the electricity generated from the sollar cells. This created enough to fully charge 1,800 Leaf vehicles a year.

Happy to hire soon: Study

Businesses across the country are planning to kick their hiring into high gear over the next year, according to a Bank of Canada survey that found corporate Canada in a generally upbeat mood.

"The balance of opinion on employment has risen to a record high level," the bank said in its summer business outlook survey released yesterday.

"Intentions to increase employment over the next 12 months were widespread across all regions and sectors, particularly in the services sector."

The Bank of Canada's report followed a better-than-expected Canadian employment report on Friday. Statistics Canada reported a net gain of 28,000 jobs for June, the third consecutive month of gains, which was in stark contrast to a disappointing report of only 18,000 jobs added in the United States.

The central bank survey was taken between May 24 and to June 16. THE CANADIAN PRESS

57% The central bank said 57 per cent of the firms surveyed expected to hire new workers over the next year compared with just four per cent of firms that expected to have fewer employees over the next 12 months.

HOT FLINGS EVENTUALLY COOL OFF

SHE SAYS ...

JESSICA NAPIER
METRO

There is just something about the heat that wreaks havoc on our hormones. Long, temperate nights and a general lack of clothing can cause perfectly logical individuals to develop an instantaneous infatuation with one another. And, thus, a summer romance is born.

Adorable new couples become high on the potential of what could be without one rational thought towards what will happen come fall. Life becomes a movie montage of adorable date activities: Tandem bicycling in the park, picnics on the beach, sunset walks, fireworks under the stars.

But all of this fun-in-the-sun frolicking can't last forever. Don't kid yourself; your love is not a Nicholas Sparks novel.

The summer romance, like its cousin, the vacation romance, has a built-in expiry date. Like a pair of white jeans, the relationship is best enjoyed before Labour Day.

"Manage your expectations and proceed with caution. With every foray into summer love comes a bittersweet sensation of wanting it to last forever, but knowing it never will."

Oh sure, you might have convinced yourself this is the real deal, but more often than not that sizzle burns out as soon as the temperature starts to drop. Very few trysts translate into long-term relationships. Once the easy, breezy days of summer are over, integrating each other into your real (read: Not so carefree) lives can be problematic. Just look at what Sandy and Danny went through when they brought their summer lovin' back to school in Grease.

A fling, by its very nature, means you will be flung to the curb at some point. One minute you're handholding in matching khakis like a smug J. Crew catalogue couple and the next, you're packing up your summer wardrobe and wondering why you ever thought it could last.

Ultimately, it's best to keep these sun-soaked romances as casual as the beachwear in which they began. Manage your expectations and proceed with caution. With every foray into summer love comes a bittersweet sensation of wanting it to last forever, but knowing it never will.

When September arrives and reality is restored, you're sure to feel a little melancholy over the demise of your doomed-from-the-start romance. In the days following those tearful goodbyes it's important to remind yourself that you aren't really mourning the loss of some great love, but the feeling of endless summer and the possibility of what could have been.

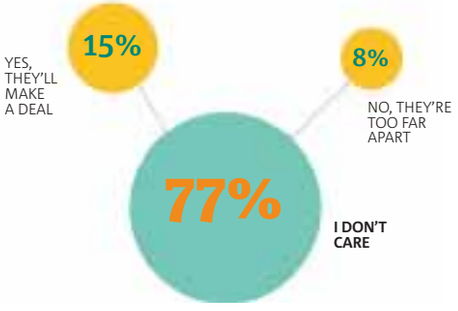
And as your tan lines start to fade, so will your heartbreak. You will come to realize that the beauty of summer romances is that they are fleeting; as short and sweet as the season itself.

Read more of Jessica Napier's columns at metronews.ca/shesays

Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think there will be an NBA season this year?



Local tweets

- **@inkscrblr:** Avoid western road at all cost today #ldnont backed up to Windermere. People are u-turning and parking then walking kids to camp.
- **@LondonWebDev:** Good Monday morning. It's only 9:30 and it's already 27 degrees in #LdnOnt. A good day to stay out of the heat.
- **@katherineaanne:** Excited for new beginnings and to be at #uwo !
- **@supdee:** I have already counted 3 women walking around Dundas and Richmond with no bra on ... #whatareyouthinking? #LdnOnt
- **@MyNameIsOzy:** #ldnont: 30 degrees outside, –5 degrees on the bus. What do you dress for?
- **@sleppik:** my first semester schedule is actually unreal ... monday, thursday, friday off and only one course on wednesday #uwo #fulltimestudent #luckyme
- **@MikeMarsman:** Watched someone bike the wrong way down King St, using the bike lane. It's idiots like this that give good cyclists a bad reputation #ldnont

Worth mentioning

MADRID, Spain. Doctors in Spain have carried out the world's first double leg transplant, giving new lower limbs to a patient who lost both legs at mid-thigh in an accident, officials said yesterday.

The Valencia regional government said the surgical team was led by Dr. Pedro Cavadas, who, in 2009, carried out Spain's first face transplant — the first anywhere to include a new tongue and jaw.

The government statement said the operation at La Fe Hospital in Valencia was extremely complex and Cavadas will wait at least 48 hours to release more information.

"Today we can say a landmark has been reached," said Dr. Rafael Matesanz, director of the National Transplant Organization. Another official at the organization, speaking on condition of anonymity, would not give details as to how the patient is doing, other than to say if the limbs are rejected this will happen more or less immediately. He added it will be a month or so before doctors know how successful the surgery has been.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Stork was lucky to get off the ground

A Texas mom expected a big baby, but nothing like this: 16 pounds, 1 ounce (7.3 kilograms).

Janet Johnson remained in an East Texas hospital yesterday after giving birth to what her doctors called one of the biggest newborns they have ever seen. She was awaiting word from the state to see whether her son, JaMichael Brown, ranked among the biggest births in Texas history.

JaMichael was born Friday at Good Shepherd Medical Center in Longview, Texas. Johnson has gestational diabetes, which results in bigger newborns for many mothers. Yet doctors had estimated JaMichael would be around 12 pounds (5.5 kilograms) prior to the caesarean birth.

Johnson hopes to take JaMichael home this week — and return his newborn clothes that won't fit. THE ASSOCIATED PRESS

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HANDOUT

▶ Pooh Bear and his friends will make a come back to the big screen with the feature film the Hundred Acre Woods

Pooh's chance to shine

Veteran Disney animator, Burny Mattinson, shares his adventures with the infamous Walt Disney ◐ New Winnie the Pooh flick brings Mattinson's old toy to life on the big screen

RICHARD CROUSE
SCENE@METRONEWS.CA

For most people, Walt Disney is a brand name, or a flickering black-and-white image best remembered for hosting the Disneyland series throughout the 1960s. But for animator Burny Mattinson he was a real living, breathing person.

"I first met him as a traffic boy when I first came to the studio," said Mattinson, a Disney employee since 1953. "I was in the elevator and he stepped in. I said, 'Good morning Mr. Disney.' He looked at me with a cocked eyebrow and said, 'It's Walt, son.' That was my first adventure with him."

Mattinson had many adventures in the studio, including working on Aladdin, Beauty & the Beast and the original Winnie the Pooh shorts in 1964 and '74. Those shorts were wildly popular, but were originally planned as a feature film. Mattinson remembers watching the rough cut of the film with Disney.

"He came out afterwards and said, 'You know, I think we should cut our losses. I don't think audiences are going to like this kind of humour. It's too mild. Let's put it out as a featurette.' So we cut it to twenty minutes and lost a lot of footage. We put it out as Winnie the Pooh and the Honey Tree and it did very well, and Walt said, 'Well we have the rest of this footage, let's put it out as A Blustery Day. Which we did and it won an Academy Award the following year."

▶ Burny Mattinson

Recently Mattinson's career came full circle when he was approached to help relaunch the Pooh Bear and his friends from the Hundred Acre Woods. The result is Winnie the Pooh, a movie Mattinson says, "is kind of like visiting an old friendly family you've grown up with."

Mattinson has another family connection to the film. The movie's opening moments are live action, featuring a Winnie the Pooh stuffed doll his wife made in 1964. It was set to be used in the 1964 movie, but when it wasn't he gave it to his children.

"My kids played with it," he says, "and their kids played with it. It's kind of raggedy; it's gotten a lot of patina of age on it but then when the bosses said they were going to shoot a new live action opening I brought it in and showed it to them and they said, 'Yes! That's it.' It's finally gotten its chance."

DVD Releases

Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

The Lincoln Lawyer
Genre: Thriller
Director: Brad Furman
Stars: Matthew McConaughey, Ryan Phillippe, William H. Macy
●●●

In The Lincoln Lawyer, Matthew McConaughey is bottom-feeding attorney Mick Haller, who tools around L.A. in a chauffered Lincoln that bears the license plate NTGUILTY. With his shades up and his ethics down, Haller trades his courtroom skills for fast cash, whether his clients are bikers or bankers.

When Haller hears Beverly Hills playboy Louis Roulet (Ryan Phillippe) is accused of attempted murder, he senses a fast windfall. Roulet's alibi is sound and his mama has a big chequebook. After some sleuthing, aided by sidekick, Frank, (William H. Macy), disturbing evidence and possible corruption of justice turn up. Pride and the law require Haller to give Roulet the best defence he can, even if he must hold his nose to do so.

PETER HOWELL

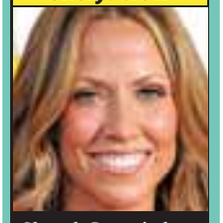
Insidious
Genre: Horror
Director: James Wan
Stars: Patrick Wilson, Rose Byrne, Ty Simpkins, Lin Shaye
●●½

Director James Wan and screenwriter Leigh Whannell (of Saw fame) reinvent the wail with this horror film. Patrick Wilson and Rose Byrne are Josh and Renai, parents of three children and new home owners. They've barely moved in when poltergeist tricks leave no boo unbidden. Their 10-year-old son, Dalton, (Ty Simpkins) falls into a coma, while medical scans and pokes reveal nothing unusual about his health.

Things get worse when they opt for a new house. Surprise! The spooks follows. Time to call the exorcist! Lin Shaye shows up and announces: "It's not the house that's haunted, it's your son!" Seems Dalton has wandered into another dimension. All in all, Insidious is a serviceable shocker. PETER HOWELL

2 scene

Sheryl Crow



Sheryl Crow is being criticized by a U.S. animal rights group for planning to donate some proceeds from her July 22 concert at a Wyoming rodeo to a wild-horse protection group that's suing the government to halt a big mustang roundup in Nevada. But Illinois-based Showing Animals Respect and Kindness is calling on the Colorado-based Cloud Foundation to reject the donation accusing Crow of hypocrisy for performing at Cheyenne Frontier Days where it claims wild horses are abused.
THE ASSOCIATED PRESS

France inducts U.S. entertainer Liza Minnelli into the elite Legion of Honour Society

Celebrity tweets

@RedHourBen

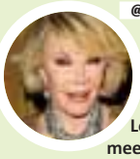
Just saw the most incredible concert by Eddie Vedder. What an amazing energy and talent. I predict a future in the music industry for him.

@alyankovic

Great news! Just found out my new album is so popular that I'll DEFINITELY be a trending topic on Twitter when I die. #cantwait

@SarahKSilverman

Cuba Gooding Jr & Matt Damon have the same smile. I've always thought this. Since I was a little girl.



@joan_rivers

I'm bringing my grandson to London to meet Pippa Middleton! Screw the 18-year age gap. They're both single, and he's a very mature 10.

It's a boy! Kate welcomes new addition to family

Hudson and fiancé blessed with 'healthy' baby

Kate Hudson is a mother for the second time, having given birth to a "healthy baby boy" over the weekend, according to Us Weekly.

Hudson also has a seven-year-old son, Ryder, with ex-husband Chris Robinson.

Hudson claimed she and fiancé Matt Bellamy didn't know the sex of the baby before it was born, though in April Hudson had told Entertainment Tonight she'd used a "pendulum test" to predict that the baby would be a girl.

METRO

GETTY IMAGES

Kate Hudson

Celebrity Rehab set for indefinite hiatus?

GETTY IMAGES

Dr. Drew Pinsky

While the sixth season of Celebrity Rehab is currently airing on VH1, it won't be for much longer as the reality series is reportedly going on indefinite hiatus, according to Radar Online.

"The decision was made to put the show on hiatus because Dr. Drew Pinsky is just too busy to continue to do the show," a source says. "The amount of time Dr. Drew has to commit to treating celebrities on the show is a tremendous amount of time." The current cast includes Michael Lohan, Amy Fisher and Bai Ling.

Pinsky's show had drawn an abundance of criticism recently in the wake of former cast member Jeff Conaway's death in May.

METRO

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J.Lo to return to Idol: Report

Jennifer Lopez is reportedly returning for the next season of American Idol, despite recent speculation that the pop singer and the singing competition would part ways after one outing, according to E! Online.

Lopez herself had admitted to being "on the fence" about signing up for another season, saying in a radio interview, "I had an amazing time doing it and I loved it, but I have a lot of other things happening and it's going to come down to me making a decision of what I want to do for the next year."

She joins fellow judges Steven Tyler and Randy Jackson, who have already renewed for the show's 11th season.

METRO

Jennifer Lopez

GETTY IMAGES

Kate Moss

Moss cleaning up, hoping for pregnancy: Source

After marrying rocker Jamie Hince earlier this month, Kate Moss is reportedly cleaning up her act in an effort to get pregnant again, according to Hollyscoop.

Moss and Hince are currently celebrating their honeymoon in the Mediterranean on a $15.9-million yacht on loan from Topshop owner Sir Philip Green.

"Kate peaked at her wedding with alcohol, cigarettes and bacon butties, but Jamie wants her to become healthier as they try for a child," a source says.

"Kate's gone to the Med equipped with wheatgrass, barley grass and fish oils, with a view to getting pregnant when she comes home."

The supermodel already has one daughter, Lila Grace, with former partner Jefferson Hack. METRO

ISTOCK PHOTOS

▶ Not everybody is able to kick back and relax during the summer months.

Dealing with those stressful summers

Those middle months are full of change and not everybody knows how to understand the pressures Metro speaks with an expert to get tips on how to deal with instability in life

CELIA MILNE
LIFE@METRONEWS.CA

Not everyone loves the lazy days of summer.

Early July is a time for change: School is over, holidays are upon us, routines are disrupted. Some people have difficulty dealing with the loss of structured time that keeps them feeling safe throughout the year.

Learning how to deal with change is all about having a strong self-image, says Dr. Albert de Goias, a Toronto-based counselor on mood and behavioural disorders. He has recently launched a website dedicated to understanding and dealing with change (go to understandingchange.org).

"Build a powerful and stable sense of self so that you can approach stress, disruption, or even stagnancy with a sense of creativity, purpose, and self-respect," he says.

If you define yourself by your money, possessions, clothes, appearance or status, chances are, you won't be strong when any of these things are taken away, he believes.

When change occurs or boredom sets in, some people deal with it by dwelling on problems, feeling victimized, becoming overwhelmed and turning to alcohol and drugs.

"Emotional angst is part of life," says de Goias. "It does not have to proceed to depression and addiction if we realize that it comes whenever we have a situation we feel is beyond us or when we feel lost. It can be 'blocked at the pass' simply by knowing how to see our stresses as stimulants to personal growth."

His advice?

"Be a tourist in your own town," he says.

"Do cultural things, explore life with the curiosity of a child. Understand change as the energy that drives life, and realize there is no such thing as stability."

Tips

Resilient people are better able to deal with change and disruption than non-resilient people. Here are some tips adapted from the Mayo Clinic on becoming more resilient:

- **Get connected:** Build supportive relationships with family and friends
- **Find meaning in your life:** Develop a sense of purpose beyond appearances

3 life

Beauty pick

Chantecaille's Ultra Sun Protection SPF 50

With a formula containing the anti glycation agent carnosine, this cream helps prevent unnecessary wrinkles. The extracts have anti-inflammatory agents and the oil free texture means there's no chance of a grubby, shiny face.

METRO

CHANTECAILLE
chantecaille.com

Arthritis not limited to the elderly and strikes one in every 1,000 children

Tuck into lunch classics

Billy's Deli Restaurant does smoked meat, eggs, sandwiches and pies right

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

Billy's Deli Restaurant offers brunch classics like a good old-fashioned diner should: Big portions focusing on smoked meat, eggs and only a smattering of vegetables for colour. And pies. Lots of homemade pies.

Take your cholesterol pills and enjoy.

PAUL MITCHELL

▶ Skillet with shredded potatoes, peppers, onions, ham, eggs, bacon and melted cheese.

Billy's Deli Restaurant
113 Dundas St. (at Talbot)
519-679-1970
billysdelirestaurant.ca
Reservations: No
Social lunch: Yes
Licensed: No
Price range: $7.50 - 10.95
Rating: 4.5 out of 5

I am immediately impressed with the surgically clean and brightly lit restaurant decorated with folk art. Its proximity to the market is reflected in a tight menu that highlights locally sourced foods.

Mountainous three-layer pastrami sandwiches ($10.95) and reubens ($9.25) pass by making me salivate. Deciding on the server's recommendation, I order the popular skillet ($10.25) of shredded potatoes, peppers and onions covered with ham, eggs, bacon and melted cheese. Hot peppers add a spicy pop.

The portions are substantial so although the pies look tempting, I do not have room.

There is a good reason why Billy's Deli remains a popular destination for downtown's lunch crowd. While not a heart-smart choice, it certainly is a delicious one

THE CANADIAN PRESS H/O

Strawberry Shake

Whirl some wonderful local strawberries with ice cream for a great shake.

If you have a blender, throw the berries in with some milk and ice cream and you have a splendid hot day drink that will give you a boost of energy.

Preparation:

1. Place all ingredients into blender container. Process until smooth. Pour into tall glasses and serve. **THE CANADIAN PRESS/ OSTER**

Ingredients:

- 250 ml (1 cup) milk
- 500 ml (2 cups) strawberry ice cream
- 250 ml (1 cup) ripe strawberries with stems removed

CONFIDENCE: GET READY TO ACE THAT JOB INTERVIEW

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Dear Charles:
I am about to embark on the most important interview of my business career and was wondering if you could provide some helpful tips for a successful interview.
Shaking In My Boots

Dear Shaking In My Boots:

Congratulations on your upcoming interview! What a great opportunity. While each interview is always different — corporate culture and individual interview style play a big part — below are some tools I have used successfully.

1. Have a professional-looking resumé and bring multiple copies with you. You may be asked to meet with several people or in front of a group of people. If this is the case, present each person at the table with a copy of your resumé.

2. Be ready to listen. Often, when we get nervous, we don't pay attention to what others are saying.

Always focus on the person speaking, listen carefully and let them complete their question or statement. Only then should you respond.

3. When answering questions make sure to give examples.

Never answer a question like "Tell me about your keyboarding skills?" by simply saying, "They're great."

Instead, demonstrate your skill level with good examples — "I can type 100 words a minute — with no errors. In fact, I used to prepare the management team's weekly reports. They included confidential subject matter that was for management's eyes only."

4. Dress appropriately. To do so, know the culture of the company you are interviewing for. If you are going to an interview at a conservative mutual fund company, dress in a suit and tie.

If you are interviewing for a hip and cool guerrilla-marketing firm, dress in a professional manner that is consistent with the culture of the firm.

Remember, if you dress correctly you will feel comfortable and feeling comfortable will help you to interview successfully!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

FIDO DOESN'T NEED COSTUMES

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Is Fido busting your budget? The costs of pet ownership can add up; veterinary bills, food, toys and other paraphernalia. Stop buying tutus for your feline and focus on providing for your pet's needs while saving money.

When it comes to food, consult your vet on what's most nourishing and frugal. Trendy expensive food doesn't always translate into nutrition, so research a variety of brands and compare prices. You can save a bundle by buying in bulk and using manufacturer, store or online group coupons. If you belong to a loyalty program at your local grocery store, cash in your points for pet food.

Avoid expensive grooming by washing your own pet, brushing its teeth and hair and cleaning its ears. Special shampoos, nail clippers, tooth and hair brushes can be purchased at any pet store. When you take your animal in for a haircut, trim it short.

Proactively manage your animal's health-care costs by not postponing regular visits to the vet. Regular checkups and appropriate shots will help keep your pet healthy and prevent serious illness. One of the best ways to reduce health-care costs is to ensure your pet receives ample exercise.

Spend wisely and enjoy the inexpensive love and fulfillment pet ownership can bring.

Top 5 home spa ideas

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Wrap me in seaweed, scour me head to food, slap hot rocks on my back and I am in heaven.

If you haven't guessed, I'm a spa devotee. Happily, I have an esthetician in the family so I get to wallow in mud at a discounted price.

For those not so lucky and eager to save a few bucks, my daughter Claudia, the esthetician, offers some inexpensive but effective at-home treatments.

Here are her top five home spa ideas:

Bath Soak: Combine two tablespoons of Epsom salts with 10 drops of a favourite essential oil — lavender relaxes you, peppermint and eucalyptus are uplifting and help with sinus clearing, geranium is a mood balancer.

Lip Treatment: Using a soft toothbrush, gently scrub lips in a circular motion for one to two minutes — I did it for one, which was plenty. Apply organic honey and leave on as long as possible.

(I advise lying down for this one or the honey dribbles down your chin an onto your shirt — keep fingers handy for mopping and licking.)

Body Scrub: Use three to four tablespoons of brown sugar depending on amount of coverage needed.

Mix in olive oil but don't let it get runny. Add two to three drops of vanilla to scent. Scrub away and shower off.

ISTOCK

▶ Money too tight for a spa day? Get a great home experience with a few expert tips.

Deep conditioning for hair: Take a small jar or a cup of mayonnaise and half a ripe avocado. Mash the avocado in a bowl and mix in mayo thoroughly. Rub into hair. Put on a shower cap and let sit 20 minutes. Rinse.

This is great to do while you are soaking in the bath. Rinse your hair in the tub water and you'll really gross out your kids.

Face Mask: This is good for exfoliating and unclogging pores. Mix oatmeal and water together until a paste forms. Apply to your face and leave on until dry. Scrub off over the sink and rinse.

Easy. Cheap. And, I have to admit, kind of fun.

Teaching kids about money: Time well spent

Parents are often the best financial role models

ISTOCK

▶ Giving a lesson on the value of money doesn't have to be a daunting task.

When thinking about those important lessons you must pass on to your children, parents don't often consider money management skills. But lessons about the value of a dollar, saving and investing shouldn't be left to chance. Children's attitudes about money develop early in life, which is why the conversation about money should start at an early age.

These tips will help you get the wheels of saving and investing turning in your child's mind.

1. Use everyday life to talk about money. When you're paying for groceries with your debit card or paying a bill online, explain to your kids what you're doing and how the process works.

2. Introduce an allowance. An allowance is a great way to show children the value of a dollar, and it teaches basic budgeting and money management skills. Suggest they put aside a portion of their allowance for savings. When it's time to move those savings from the piggy bank, open a savings account for your child.

4. Involve your kids in the family finances. Sit down with your kids and show them the family budget. Explain the various expenses, like mortgage payments, and show them how much is set aside for savings and retirement. Teach them the importance of putting aside money for family vacations and big ticket purchases.

NEWS CANADA

Online resources

- **Websites,** like Planet Orange, let kids discover the importance and value of money, along with other personal finance lessons, through games and activities. (planetorange.ca)

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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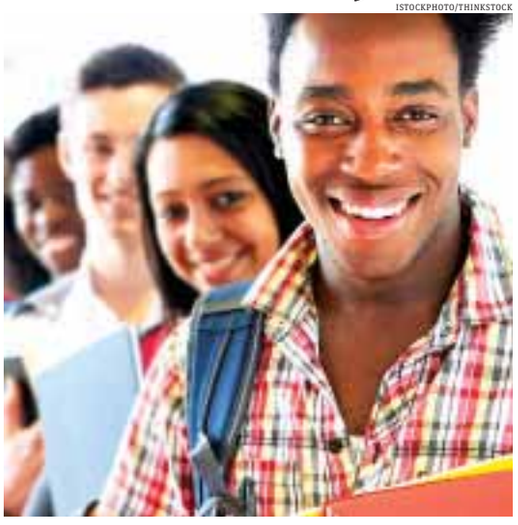
What's happening at a school near you

From cutting-edge research on the brain that predicts your next move to a new aviation program, there's plenty going on in the London area

KELLY PUTTER
FOR METRO

ISTOCKPHOTO/THINKSTOCK



Western researchers able to predict your next move

Researchers at the University of Western Ontario can now determine the action a person is planning just moments before the action is executed.

The findings from the university's Centre for Brain and Mind were published in June in the prestigious Journal of Neuroscience, in a paper titled Decoding Action Intentions from Preparatory Brain Activity in Human Parieto-Frontal Networks.

Over the course of the one-year study, human subjects had their brain activity scanned using functional magnetic resonance imaging (fMRI) while they grasped the top of an object, grasped the bottom of the object, or simply reached out and touched the object. The team found that by using the signals from many brain regions, they could predict which of the actions the volunteer was merely intending to do, seconds later.

This process, known as neuroimaging allows researchers to study how action planning unfolds within human brain areas without having to insert electrodes directly into the human brain.

Up, up and away goes the new aviation program at Fanshawe College

Seats are filling up fast as Fanshawe College prepares for the takeoff of its new two-year avionics technician diploma program.

Available at the newly opened Centre for Applied Transportation Technologies (CATT), the program will be the first in a growing set of aviation courses offered by the college.

Students in all the new aviation programs will make use of the five decommissioned planes, which include two single-engine Cessnas, a twin-engine seven-seat Piper Navajo, a twin-engine Hawker business jet and a Bell helicopter.

Fanshawe has already successfully collaborated with Sault College to offer their one-year aircraft structural repair technician program at the London campus. Many students from this program end up being hired before they graduate.

Fanshawe's CATT is a brand-new $32 million centre providing training for apprentices and post-secondary students in automotive, truck and coach, agricultural equipment and auto body programs.

University of Western Ontario professor named head of basketball tribunal

A law professor at the University of Western Ontario, known as an effective mediator at both the winter and Summer Olympics, can now add basketball to his list of sports-related accomplishments.

Richard McLaren, who was a key player in the groundbreaking Mitchell report regarding the use of steroids in Major League Baseball, was appointed president of the Basketball Arbitral Tribunal on July 1.

Established by the Geneva-based International Basketball Federation (FIBA) in 2006, the tribunal provides services for the resolution of disputes between players, agents and clubs through arbitration. The tribunal has handled 190 cases and more than 100 cases are expected to be heard in 2011.

According to McLaren, the basketball arbitral tribunal is one of the few dispute resolution systems in the world that operates on a real-time virtual basis.

Atul Mahajan, CMA
President & CEO
Oshawa Power and Utilities Corporation
I NEVER CONSERVE ENERGY WHEN IT COMES TO LEADERSHIP.
Atul Mahajan, President and CEO of Oshawa Power and Utilities Corp., knows a thing or two about being energy-efficient. His company supplies electricity to over 50,000 customers. To reduce energy losses, they utilize innovative generation solutions including harnessing solar energy. For the company to become even greener, Atul will need to use the full power of his CMA. As a leader it's his job to envision the changes ahead and then help his team make it a reality. With a CMA like Atul leading the charge, the future may be closer than you think. Visit becomeacma.com to see Atul's film.
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Jury might not hear from Clemens

Former pitching star's defence continues to sift through jury pool

The lawyer for Roger Clemens gave his strongest hint yet that the former baseball star may not testify in his trial on charges of lying to Congress about using performance-enhancing drugs as he pressed potential jurors not to hold Clemens' silence against him.

Several members of the jury pool under selection in Washington federal court said they would weigh evidence from both sides before deciding on a verdict. The judge and Clemens' lawyer had to repeatedly explain the legal principle of innocent until proven guilty and that prosecutors alone bear the burden of proving his guilt.

"Maybe you won't get both sides," Hardin told a government consultant who indicated she wanted to hear Clemens prove his innocence. She eventually said she understood she must start off by assuming he's innocent until the government persuades her otherwise.

"Would you require him to testify to find him not guilty?" Hardin asked another panelist.

"I would like to hear from both sides," she responded.

"That's the point. Most people would," Hardin said, and then explained she can't hold it against him.

"You mean you aren't going to say anything at all?" she asked.

"We may, we may not," he said. Under coaching from Hardin, she eventually said she would find him not guilty if she had a reasonable doubt even without hearing from him.

Clemens watched without speaking during three days of intense questioning of 50 potential jurors that qualified 35 people for potential service.

Clemens is charged with six felonies for telling Congress under oath that he never used performance-enhancing drugs. He stands by the denial, but prosecutors say they can prove that is a lie.

THE ASSOCIATED PRESS

Jury selection

U.S. District Judge Reggie Walton plans to have prosecutors and defence lawyers exercise their pre-emptory, or unexplained, challenges today to narrow those qualified to a panel of 12 jurors and up to four alternates and then have opening arguments tomorrow.

Derby. Champion

▶ Robinson Cano of the Yankees reacts after hitting a home run last night.

MATT YORK/THE ASSOCIATED PRESS

Cano bests rival Gonzalez in derby

New York's Robinson Cano outslugged Boston's Adrian Gonzalez to win last night's all-star game's home run derby, which turned into a Yankees-Red Sox showdown. Batting last, Cano defeated Gonzalez 12-11 in the finals last night after they each hit 20 home runs through two rounds. Toronto Blue Jays slugger Jose Bautista was eliminated in the first-round with just four home runs.

Canadian Hesjedal still alive amidst tour mayhem

Canadian Ryder Hesjedal is nursing sore ribs and a bruised back and neck. But he's grateful he's made it through the first nine stages of the Tour de France.

"I'm just happy to still be in the race and still be in one piece," he told The Canadian Press during yesterday's rest day. "I just feel for the guys that have gone home with broken bones. It's not fun."

This year's Tour has been a wild ride with competitors clipped by motorcycles, cars, spectators and guardrails. Rain and mass crashes have added to the mayhem.

"That's the harsh reality of this sport," Hesjedal said. "We don't have that luxury of a rink or a court or a field where it's pretty controlled and you know what you're getting."

Hesjedal has been involved in several crashes himself. The 30-year-old from Victoria went down hard Friday during Stage 7, dropping him from 30th overall to 48th as he lost three minutes six seconds on the leader.

He currently stands 43rd, 9:33 back of leader Thomas Voeckler.

THE CANADIAN PRESS

Sports in brief

Russian fails doping test

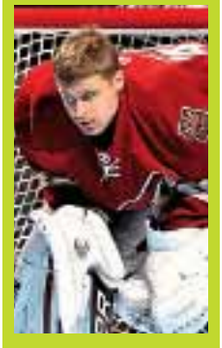
TOUR DE FRANCE. Russian cyclist Alexandr Kolobnev became the first cyclist at this year's Tour de France to fail a doping test, the International Cycling Union said yesterday. The UCI said a urine sample collected from Kolobnev last Wednesday tested positive for a substance called Hydrochlorothiazide — a diuretic that can be used as a masking agent to hide the presence of other drugs. THE ASSOCIATED PRESS

Raonic's drop continues after injury

TENNIS. Milos Raonic has dropped to No. 27 in the latest ATP rankings. The 20-year-old from Thornhill, Ont., was ranked 25th before suffering an injury in the second round at Wimbledon. THE CANADIAN PRESS

4 sports

Quoted



"I want to be the guy who can carry this team. I want to help this team win the Stanley Cup because people in Philadelphia and the organization have waited long enough."

PHILADELPHIA FLYERS' NEW GOALTENDER ILYA BRYZGALOV ON A CONFERENCE CALL YESTERDAY. THE FLYERS SIGNED BRYZGALOV TO A NINE-YEAR $51 MILLION US CONTRACT AMID A FLURRY OF BIG MOVES JUNE 23.

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SERVICES

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Summer Art Program for children ages 8+ Located at London's newest art studio, The Red Bird Art Studio Summer Program offers children 8+ challenging projects, engaging activities, and professional instruction. Small group sizes and a wide variety of media. Drawing, Painting, Clay, Photo, Digital Art redbirdstudiolondon@gmail.com

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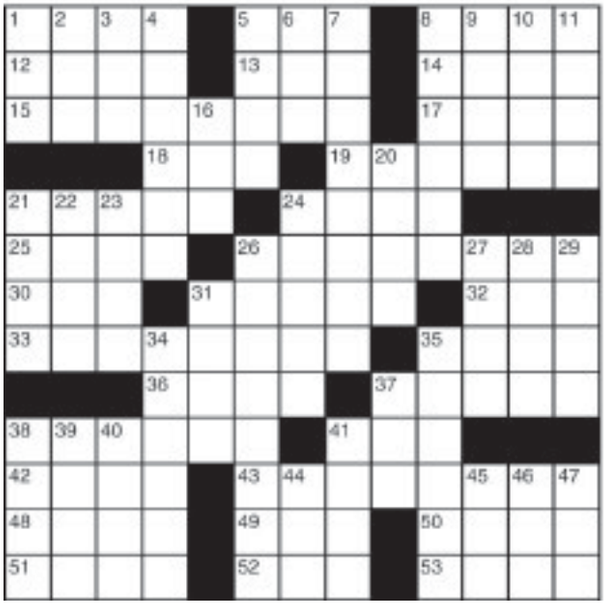
Crossword



Across

1 Food list
5 Lummox
8 Glitz partner
12 Shakespeare's river
13 Under the weather
14 Relaxation
15 Corsage flower
17 Karaoke need
18 Tattooist's supply
19 Need for water
21 Released
24 100 (Sp.)
25 Statutes
26 Jon Arbuckle's cat
30 Noshed
31 Fortuneteller's deck
32 Extinct bird
33 Military post
35 Shade of color
36 Not 13-Across
37 Garbage vessel
38 Jungle expedition
41 Intend
42 Tiger Woods' ex
43 Chickpea
48 McNally partner
49 That guy
50 Bank transaction
51 Vicinity
52 Attempt
53 Advantage

Down

1 Periodical, for short
2 Actress Longoria
3 Neither mate
4 Intimate apparel
5 Pig's call
6 "The Greatest"
7 Pressing need?
8 Zodiac twins
9 Den
10 Requests
11 Encounter
16 Conclusion
20 Weight
21 Old Glory, e.g.
22 — -tat-tat
23 Basin accessory
24 Yuletide song
26 Old-fashioned illumination
27 Eastern potentate
28 Protracted
29 Appointment
31 Layer
34 Kigali's country
35 Mexican entree
37 Clothes protector
38 Antitoxins
39 Winged
40 OK
41 Host
44 Melody
45 Affirmative action?
46 Sharp turn
47 Inseparable

▶ Yesterday's answer

Sudoku

7				8		6	9	
	3		9	7		2		
					4			
	5	8				1		2
3								9
1		7				4	5	
			5					
		2		9	8		6	
	9	5		4				3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

To my dearest brother, i would like to thank you for enlightening the last 9 years of my life. Giving, Wonderfull, True as well as Caring is what you've been ever since i first saw you. This is my way of saying happy birthday and best wishes from me to YOU <3 I LOVE YOU
FROM JAMILA

Be the real Prince u are This long dist rel is not easy..we kno we cannot escape, tried many times but tied unbreakable..how mnay times have u heard of such an existance? this is special and very unusual. two special words - trust and faith - is all we can remember. stay intact - not an inch here not there..be the real prince u can be. i am right here :)
FROM YOUR LOV

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Mercury, planet of the mind, links to your ruler today, so you won't be short of ideas.

♉ Taurus April 21-May 21 You may have every right to get your own back on a rival but it will lead to more bad feeling.

♊ Gemini May 22-June 21 You may need to bluff your way through a situation.

♋ Cancer June 22-July 22 Take that first small step, then just keep walking.

♌ Leo July 23-Aug.23 If you know what you want you will surely find a way to get it — but do you know what you want?

♍ Virgo Aug. 24- Sept. 22 Fate is clearly pointing you in a particular direction but you want to take a completely different path.

♎ Libra Sept. 23-Oct. 23 A Mars-Mercury link will help you reach out to people you love and trust.

♏ Scorpio Oct. 24-Nov. 22 You will know with the utmost clarity today what needs to be done.

♐ Sagittarius Nov. 23-Dec. 21 What happens today will remind you that the world is full of many different kinds of people.

♑ Capricorn Dec. 22-Jan. 20 You will notice a change in the way you think about certain issues.

♒ Aquarius Jan. 21-Feb. 18 Resist the temptation to be blunt or rude — it will turn people against you.

♓ Pisces Feb. 19-March 20. You don't have to follow the latest fad or fashion but you do have to realize that the world moves on quickly.

SALLY BROMPTON

SHUJI KAJIYAMA/ THE ASSOCIATED PRESS

Caption contest

NIGEL TREBLIN/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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$149
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595 Fanshawe Park Rd.
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(519) 542-5429

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(519) 339-9717

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(519) 275-2505

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McNain Communication
223 Norwich Ave.
(519) 539-1515

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(519) 691-0494

849 Wonderland Rd. S
(519) 474-2361

1920 Dundas St. E
(519) 451-6304

1225 Wonderland Rd. N
(519) 472-5442

1240 Commissioners Rd. W
Unit 106-107
(519) 473-4001

1030 Adelaide St.
(519) 645-2171

395 Wellington Road S, Unit 11-14
(519) 649-0533

CHATHAM

Downtown Chatham Centre
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(519) 351-9493

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